

## **December: Tips for Eating Healthy During the Holidays**

This month's topic is eating healthy during the holidays. Different studies have estimated that an individual can gain from 1-15 lbs over the holidays. Here are a few tips to help fend off weight gain or at least curb overeating during this period.

Don't go to the mall hungry. Plan your route so you don't pass the Cinnabon stand multiple times during your trip. Choose a sit down restaurant over grab and go. Studies show that the color Red stimulates appetite over other colors so avoid fast food places that emphasize red in their color scheme.

Keep track of what you eat. Try to weigh daily. Zip into your favorite pair of slim fitting jeans weekly as a motivator. Keep up your exercise routine maybe even breaking it into small bursts of activity instead of a long workout. Don't skip meals. Keep healthy snacks at the office. At the office party control portion size by using smaller plates and serving utensils. Pour drinks into a tall skinny glass.

Control your environment. Try eating with a small group. Studies show that if a person eats with a group of more than 6 people, they eat 76% more. Sit next to someone you know is a healthy eater. Wait for all the food to be on table before filling your plate. Put more low calorie choices on your plate.

Bring your own food. When going to a holiday party, bring a healthy dish as your contribution, eat serving from healthy dishes first. Keep portions small, stand several feet away from the munchies, drink water to fill you up before going to party or eat something healthy before going. Choose your indulgences. Don't waste your calories on something you can have anytime during the year, pick food special to this time of the year. Popping a sugar free mint into your mouth, may curb cravings somewhat. Concentrate on your meal while eating it. Research shows multitasking (at home or at a party) can lead you to pop mindless calories into your mouth.

I hope you find these tips helpful.